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MANIFESTING THE ICELANDIC DIALOGUES

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In 1978, as a young physical therapist, I had a vision of bringing together a group of healers from all over the world to share their knowledge and passion. I envisioned an event encompassing both art and science, put my intent out to the universe, and kept the idea percolating until the time was right.

Two decades later, in 1999, coincidence brought me the fulfillment of my intent. I had been using Hemi-Sync to help me redirect my life's intentions when my father-in-law, a physician, asked what I'd like to do with some foundation funds. The universe had delivered the opportunity to work on what became annual international, multicultural, multidisciplinary conferences that included silent art auctions. "The Developing Child: International Conferences on Pediatrics," hosted by the University of New England, Biddeford, Maine, took a lot of work and organization to put together but were oh so fun once they got under way. The events were nurturing, intellectually stimulating, and gave those who spend their lives caring for others an opportunity to feel cared-for in return.

At the end of my 2004 conference, while suffering a severe allergic attack, I again sent my intent out to the universe. I felt the "call" of volcanoes, those powerful, timeout- of-time forces. Having grown up on a sheep ranch surrounded by volcanoes—Mount Diablo, the Sutter Buttes, Mount Shasta, and Lassen Peak—gave me a strong connection with them. I found myself saying, "I need a volcano!"

My husband responded, "Go home."

"No," I immediately replied, "I need hot springs."

“Go to Nevada,” my husband suggested. As undergrads my friends and I enjoyed lolling in the geothermal pools outside Reno.

Without hesitation, I exclaimed, “No, I need somewhere cold.”

Coincidentally, Dr. Stig Bruset, a Norwegian presenter, had stopped in Iceland on his way to the pediatrics conference. He piped up, “Iceland!”

“Yes,” I cried. “That’s it!”

In December 2004, I visited volcanic Iceland to soak in the geothermal pools and to try to recover from environmental allergy attacks. As fate would have it, I met Icelandic physiotherapist Anna Katrin Ottesen. She said over and over of our chance meeting, “There are no coincidences.”

In October 2005, with the help of Orn Jonsson and Thora Haldorsdottir, Anna Katrin and I hosted “The Icelandic Dialogues: Healing the Healers.” The location was entrancing. Sheep grazed in the pasture at Kríunes, the guesthouse/conference center that is situated next to Ellidavatn—a stunning lake just outside Reykjavik. Iceland lies on the point where the North American and European tectonic plates come together.

Dr. Brian Dailey later e-mailed me, “You did an incredibly awesome job! I remember how often you mentioned ‘how easy this conference was’ for you. Hint, hint. It was supposed to be. This is what you have a gift for. Bringing healers of all backgrounds together for a common good.”

While Anna Katrin and I independently found a variety of presenters, neither of us gave the speakers a topic other than the theme of “healing the healers.” She reminded me repeatedly during the conference that not only are there no coincidences, but intent had also aided us to fulfill our mutual goal of bringing healers of the world together. Interestingly, while there may be no coincidences, it was still surprising to me how much the messages of the presentations overlapped.

Our keynote speaker was Sigmundur Gudbjarnason, PhD, emeritus professor of biochemistry, University of Iceland. He discussed the antiviral, antibacterial, antitumor, and immunostimulatory bioactive biochemicals of the herb *Angelica archangelica*, which grows in Iceland. He sent us all home with a recipe for creating our own medication using *Angelica archangelica* and Black Death, Icelandic schnapps.

“We are much more than the sum of our parts.” These words were not spoken by a professional member of TMI but were the first words out of the mouth of Dr. Harry Oldfield, an English inventor, scientist, thinker, and seeker. He has pioneered gentle, noninvasive diagnostic and healing methods through instruments and techniques that marry twenty-first

century technology with ancient wisdom. Using photon patterns and frequencies, he records energy-field matrices—including chakras, meridians, and acupuncture points. Dr. Oldfield scanned a conference participant who had had midfacial swelling for more than a year. We could all see that his third eye was shifted to the right and that something was wrong with his upper left jaw. It turned out that a tooth had been bothering him.

Sara Pierce, American physical therapist, led the audience in a unique guided session of Integrated Awareness. People went inside themselves for self-healing and for exorcising the negativity that can accumulate from those we try to heal.

Julius Juliusson, Icelandic electrical engineer, gave us an overview of scientists who have used electrical energy for successfully treating disease.

Carl Anderson, PhD, a developmental psychobiologist at Harvard Medical School, stated, “Illness is an intrinsic disruption of our internal repair process.” Dr. Anderson’s work is centered on the evolutionarily and ontogenetically important cerebellum that—before Descartes—was thought to be the seat of the soul. The cerebellar vermis is the center of intentional coordination of balance, eye movements, cerebral brain functioning, and orienting and can compensate for damage elsewhere in the brain. It will be interesting to see what Dr. Anderson reports about Hemi-Sync and the cerebellum. I sent him *MIND FOOD® Concentration* to assist with focused attention.

Hallgrimur Magnusson, MD, reported on the memory of water. He described and showed slides of water crystals that were formed by words written on their containers. Positive words created beautiful symmetrical crystals much like snowflakes; negative words created asymmetrical, unhealthy-looking crystals.

Techniques for personal wellbeing were the theme of the presentation by Brian Dailey, MD. Dr. Dailey is an emergency room physician, a laser engineer, and a Professional Member of TMI. He shared information on using Reiki, crystals, and Hemi-Sync in healing. Brian suggested that we all send love to the pitchers of water on the table—then, at the end of his talk, everyone took a sip.

The Association of Hole in the Wall Gang Camps, pioneered by actor Paul Newman, provides life celebrations in camp settings for children with terminal illnesses. Carolina Gana, Canadian massage therapist and social work student, and Elyne Kahn, American kid magnet, described the ideal camp experience that is provided for seriously ill children. As Elyne said, he is the boss of the counselors, Carolina is his boss, the camp administration is her boss, the board of directors are their bosses, and the children are the boss of everyone!

Presentations by Flavia Patricia Timothy and Catherine Conricode of Joy! fulfilled my intent of bringing art to the conference. They organized short sessions of blowing bubbles, journaling,

painting self-portraits, designing with Play-Doh, and other relaxing and integrating activities. Near the conclusion of the conference, the subject was self portraits in watercolor. Most of the paintings were of beings of light with a rainbow of colors emanating from head and hands.

Attendees and presenters stayed around at the day's end to experience body work on one another. One participant stated that she did not want to go to bed because she might miss something.

Participants commented repeatedly that the conference was a life-altering experience. The most important example of this for me occurred at the very end. Ragnhildur Gudrun Richter, who had voluntarily acted as translator, said to Brian Dailey, "I'd like to learn how to do Reiki." Brian responded, "Well, try it on Jackie," and showed her how to read energy while running one's hand a few inches in front of the "patient." When Ragnhildur reached the area of my nose, she said, "It feels different here." I have to have sinus surgery; Ragnhildur had no way of knowing that.

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